

VACCINE INFORMATION AND AFTER CARE

Pfizer-BioNTech Comirnaty COVID-19 Vaccine for Children Aged 5-11

Please read this carefully and ensure a health care provider answers your questions before getting the vaccine.

How does the COVID-19 vaccine protect against COVID-19?

The vaccine causes our body to produce protection (such as antibodies) to help keep us from becoming sick if we are exposed to the COVID-19 virus. **You cannot get a COVID-19 infection from the vaccine.**

Pfizer-BioNTech Comirnaty vaccine uses messenger RNA (mRNA) which triggers a response to help our body protect itself against the virus. Vaccines like Pfizer-BioNTech Comirnaty offer a high level of protection against COVID-19.

It takes approximately 14 days after receiving the first dose of Pfizer-BioNTech Comirnaty vaccine to develop immunity to COVID-19. A second dose 8 weeks after the first dose provides a higher immune response and better protection against COVID-19 infection. An eight week interval between dose one and dose two is expected to provide longer lasting protection compared to a shorter interval between doses. Two doses are required to be fully vaccinated.

While breakthrough cases of COVID-19 will occasionally occur in vaccinated populations, evidence shows that receiving the vaccine protects individuals against severe disease and death.

Who can get the COVID-19 vaccine at this time?

Every person in Nova Scotia aged 5 years and older who wants the COVID-19 vaccine will receive it for free.

Children under age 12 years will receive a lower dose of the Pfizer-BioNTech Comirnaty vaccine than was given to individuals 12 years and older. This was tested in clinical trials and children had a good immune response.

If your child turns 12 after they received their first dose of Pfizer-BioNTech Comirnaty vaccine, then they will receive the adolescent/adult form of the vaccine for their second dose.

Tell your immunization provider if your child received any COVID-19 vaccines outside Nova Scotia or Canada.

When to cancel and rebook your vaccine appointment

Cancel and rebook your vaccine appointment using the link on your emailed vaccine appointment confirmation:

- If you or your child have even slight signs and symptoms that could be COVID-19 infection, go online to book a COVID-19 test at novascotia.ca/coronavirus/symptoms-and-testing/ or call 811 if you are unable to book a test online.
- If you or your child are required to isolate for any reason (for example, you or your child tested positive for COVID-19, you or your child are a close contact of a confirmed case of COVID-19).

Updated Nov. 25, 2021



For information visit: novascotia.ca/vaccine-plan

Important Information about Myocarditis and Pericarditis for Pfizer-BioNTech Comirnaty COVID-19 Vaccine

Please review the following information about the rare risk of myocarditis and pericarditis following immunization with mRNA vaccines.

Rare cases of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) following vaccination with COVID-19 mRNA vaccines have been reported in adolescents and adults. These rare cases occur more commonly after the second dose, among males and among adolescents and young adults, and after Moderna compared with Pfizer.

Canadian data suggests they occur less commonly with a longer interval between the first and second dose of vaccine. Most of these cases, although hospitalized, are relatively mild and recover well with rest and treatment of symptoms.

Information regarding the occurrence of myocarditis and pericarditis following the lower dose of COVID-19 mRNA vaccine in 5-11 year olds is unavailable at this time. We are actively monitoring safety data around the world as vaccines are rolled out.

Myocarditis and pericarditis can also occur as a complication in people infected with COVID-19.

Symptoms can include:

- shortness of breath
- chest pain or pressure
- unexplained sweating
- cough
- the feeling of a fast, pounding or fluttering heartbeat
- swelling in the ankles and feet

If your child develops any of these symptoms, please seek immediate medical attention and make sure you mention they received the COVID-19 vaccine.

If your child was previously diagnosed with myocarditis or pericarditis not related to mRNA vaccination and is still being followed by a medical professional, you should consult their health care provider for individual considerations and recommendations.

If your child was previously diagnosed with myocarditis and pericarditis not related to mRNA vaccination but is no longer being followed by a medical professional for heart issues, they should receive the COVID-19 vaccine.

As a precautionary measure if your child was diagnosed with myocarditis and/or pericarditis following their first dose of Pfizer vaccine, you should delay their second COVID-19 vaccine dose until more information is available.

The National Advisory Committee on Immunization continues to strongly recommend that a complete COVID-19 mRNA (Pfizer-BioNTech Comirnaty) series should be offered to individuals who do not have contraindications to the vaccine. This mRNA vaccine demonstrates high vaccine effectiveness particularly against severe disease. The benefits of receiving COVID-19 vaccine outweigh the very small risk of myocarditis/pericarditis in people of all ages.

Health Canada, the Public Health Agency of Canada (PHAC), the National Advisory Committee on Immunization, Nova Scotia, and vaccine manufacturers continue to closely monitor the safety of COVID-19 vaccines.

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Who can get the Pfizer-BioNTech Comirnaty COVID-19 vaccines?

If you identify with any of the situations in the ★ MAY BE ABLE TO GET ★ column, you should discuss your personal risks of COVID-19 and potential benefits and risks of getting the vaccine with your doctor, nurse practitioner, specialist, clinic nurse or pharmacist familiar with your medical history before deciding whether getting the vaccine is right for you.

ELIGIBILITY		CAN GET	MAY BE ABLE TO GET	SHOULD NOT GET
Age:	Pfizer-BioNTech Comirnaty Pediatric vaccine: 5–12 years of age	✓		
Has your child received any COVID-19 vaccines while living in another province/country? <i>If yes, please provide information to immunization provider.</i>			★	
Have had a COVID-19 infection but:				
• <i>Feel better and are no longer infectious (cleared by Public Health)</i>		✓		
• <i>Could spread COVID-19 to others or still feel unwell from a recent infection</i>				✗
Has your child been diagnosed with Multisystem Inflammatory Syndrome in Children (MIS-C) in the past? <i>Need to provide date of diagnosis to health care provider. Each case will be decided on a case-by-case basis to ensure your child receives protection from the vaccine.</i>			★	
Has your child received monoclonal antibodies for treatment of COVID-19 (Bamlanivimab)? <i>Need to provide date when received to health care provider. Each situation will be decided on a case-by-case basis to ensure you receive protection from the vaccine.</i>			★	
Has your child suffered an anaphylactic reaction (severe allergic reaction) to a vaccine or another injectable medication? <i>(If you answer yes, your child may be vaccinated today, but will be observed for 30 minutes after receiving your vaccination. (Children with a diagnosed food allergy can receive the COVID-19 vaccine without this prolonged observation time.)</i>		✓		
Did your child experience myocarditis or pericarditis after their first immunization with Pfizer-BioNTech Comirnaty vaccine?			★	
Allergies:	<p>Has your child ever experienced anaphylaxis (severe allergic reaction) to Polyethylene Glycol (PEG)*, Tromethamine** (trometamol or Tris) or any other ingredient in the vaccine? Tell the health care provider if your child is allergic to anything that may contain Polyethylene Glycol (PEG) or Tromethamine. You should speak to a primary care provider, nurse practitioner, specialist, clinic nurse or pharmacist to decide whether getting the COVID-19 vaccine is right for your child.</p> <p><i>* In very rare cases, Polyethylene glycol (PEG) can cause allergic reactions. It is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, cosmetics, skin creams, dermal fillers, medical products used on the skin and during operations, and contact lens solutions. ** Tromethamine is a component in contrast media, oral and parenteral medications.</i></p>			✗
Problems with immune system:	Does your child have problems with their immune system?	✓		
	Does your child have an autoimmune disease?	✓		
Has your child been vaccinated in the past 14 days (not a COVID-19 vaccine)? <i>As a precaution, NACI recommends that COVID-19 vaccines should not routinely be given at the same time with other vaccines. There may be circumstances in which simultaneous administration, or a shortened interval may be warranted on an individual basis. A healthcare professional can help to determine timing of COVID-19 vaccines with non-COVID-19 vaccines.</i>			★	

In addition to the above information, tell the health care provider if:

- Your child has fainted or felt faint after getting past vaccines or medical procedures. Your health care provider may recommend that you get the vaccine lying down to prevent fainting.
- Your child has a bleeding disorder or is taking medication that could affect blood clotting. This information will help the health care provider prevent bleeding or bruising from the needle.

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Everything you need to know before your child gets the COVID-19 vaccine

What should I do before coming to the clinic for my child's appointment?

Have your child wear a short-sleeve shirt or top with sleeves that are easy to roll up.

Give your child something to eat before coming to the clinic to prevent feeling faint while being vaccinated. It is also important to drink water and stay hydrated.

Bring clean, well-fitted masks for you and your child to wear while you are in the building.

Bring your Nova Scotia Health card if you have one.



When should my child return for their second dose of vaccine?

Your child should receive their second dose of COVID-19 vaccine 8 weeks after their first dose.

Tell the person providing the second dose if your child experienced any side effects after the first dose.

Tips for parents supporting children to receive their COVID-19 vaccine



Resources for Children Receiving Immunizations

- iwk.nshealth.ca/covid-assets/Nervous-About-Needles-En.pdf
- iwk.nshealth.ca/sites/default/files/IWK-Health-COVID-19-Vaccine-Toolkit.pdf
- iwk.nshealth.ca/COVID-19/vaccination-resources

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**Pfizer-BioNTech Comirnaty COVID-19
Vaccine for Children Aged 5-11**

**Everything you need to
know after your child gets
the COVID-19 vaccine**



**What should I do right
after getting the vaccine?**

- You and your child will stay in the clinic for 15 minutes after getting the vaccine. You may be asked to wait for 30 minutes if there is concern about a possible vaccine allergy or allergy to another injectable medication.
- Tell a health care provider at the clinic if your child feels unwell while waiting. If waiting in your vehicle, honk your horn to get their attention.
- Be sure to leave your masks on if waiting inside the clinic.
- Use the hand sanitizer (alcohol based hand rub) to clean your hands before leaving the clinic.

**In rare cases, people
can faint or have an allergic
reaction after getting
a vaccine.**

*Symptoms of an allergic
reaction include:*

**hives (bumps on the skin
that are often very itchy)**

**swelling of your face,
tongue or throat**

or difficulty breathing

*Clinic staff are prepared
to manage these events
if they happen.*

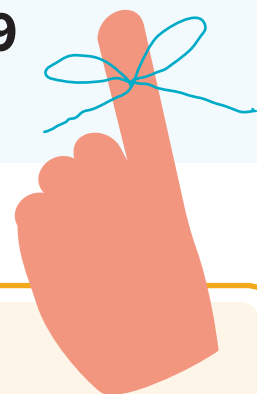
**Tell a health care provider
at the clinic right away
if your child is having any
of these symptoms.**

Serious side effects after getting the vaccine are rare. However, should your child develop any serious symptoms that could be related to an allergic reaction, **CALL 911 RIGHT AWAY.**

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What are the side effects of the COVID-19 vaccine? What can I expect over the next few days?

Children can have side effects in the two weeks after getting the vaccine with most of the common side effects occurring in the first few days.

Side effects are expected and can show the vaccine is working to produce protection in your body.

They may include:

- Pain, swelling or redness where the needle was given. Place a cool, damp cloth or wrapped ice pack over where the vaccine was given
- Tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills, fever or enlarged lymph nodes (swollen glands) in their underarm. Pain or fever medication (acetaminophen or ibuprofen) may relieve the pain or fever. Check with your healthcare provider if you need advice about medication.

Although these side effects are not serious, they may make your child feel unwell for about one to three days. They will go away on their own.

Rarely Bell's palsy (weakened or inability to move the muscles of the face) has been reported after mRNA vaccines like Pfizer-BioNTech Comirnaty. Seek medical attention right away if your child experiences facial weakness or drooping or other symptoms involving the face.

If you have any concerns about the symptoms your child develops after getting the vaccine, including symptoms of myocarditis/pericarditis, contact your health care provider for advice.

Things to remember

Even after you have received both doses of the COVID-19 vaccine, you must continue to follow public health guidance to prevent spread of COVID-19. Continue to follow these measures until we know more about how well the vaccine prevents infection and reduces the risk of transmission.

- ✓ wear a mask indoors
- ✓ clean your hands regularly
- ✓ stay home when you feel unwell and book a COVID-19 test using the **self-assessment tool**

Your child should wait 14 days before receiving another vaccine. **A healthcare professional can help to determine timing of COVID-19 vaccines with non-COVID-19 vaccines.**

Do not have your child get a TB (tuberculosis) test until 4 weeks after their COVID-19 vaccine.

Keep this sheet or other immunization record in a safe place.

If you have questions, call your health care provider or visit novascotia.ca/vaccine-plan.